

Personal Development

Fall 2021

How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that's OK so long as you know how to put yourself back on a leash. The different types of coping skills will be explored, along with their triggers. Management strategies, techniques and tools will be presented and discussed.



Keyword: Learning

| | | | |
|-------------------|------|-----------------|------|
| Oct. 21 | Th | 6-8 p.m. | \$19 |
| LIVE Online, Zoom | Toma | AREA-6680-TCFWB | |

You Have a Life Story to Share

Get a jump start on writing your life story with guidance from the instructor, along with multiple handouts. Instructor will lead you in a fun, supportive process.



Bring pen and paper and start writing your story for your family and friends.

Keyword: Story

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|-------------------|----------|-----------------|------|
| Oct. 19 | T | 6-9 p.m. | \$39 |
| LIVE Online, Zoom | Callahan | AREA-9030-TCFNA | |
| Nov. 3-10 | W | 6-7:30 p.m. | \$39 |
| LIVE Online, Zoom | Wiebold | AREA-9030-TCFWA | |

Publish Your Writing

If you want to make a living as a writer, you need to treat it as a business. This includes your public persona, use of a pen name, etiquette, social media, managing time, discipline of writing, covers and editing, and genre/niche analysis. Discussion of querying agents and publishers will be included.



Keyword: Writing

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|-------------------|----------|-----------------|------|
| Nov. 13 | S | 10 a.m.-Noon | \$29 |
| LIVE Online, Zoom | Callahan | AREA-0146-TCFNA | |
| Dec. 9 | Th | 10 a.m.-Noon | \$29 |
| LIVE Online, Zoom | Callahan | AREA-0146-TCFPA | |

NEW! Put the Tech in Traveling

Interested in planning your own road trip, cross country or just using technology on-the-go while vacationing? We will look at technologies that help you learn the places to go and places to avoid. Curious about airline e-tickets, virtual wallet, Lyft, Uber, Air B&B? Join us for an informative Zoom class.



Required: iPad or iPhone, preferably purchased within the last two years and the operating system updated to the most recent release.

Keyword: Traveling

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|-------------------|-----------|-----------------|------|
| Oct. 25 | M | 6-8 p.m. | \$29 |
| LIVE Online, Zoom | T. Jensen | LLLX-1353-TCFCA | |

Location Key

Wahoo, WHLC Learning Center at Wahoo, 536 N. Broadway St.

For more information, contact **Diana Kerwin-Kubr** at 800-828-0072, ext. 5581, or dkerwin-kubr@southeast.edu

Check out all classes offered at

www.southeast.edu/WahoolC

Find us on Facebook at

www.facebook.com/SCCLearningCenteratWahoo

Welcome to Medicare

Medicare can be a complicated topic. Worse yet, there is a lot of misinformation that can lead to decisions that may result in penalty and a delay of benefits. In order to avoid mistakes, you are invited to learn about the basics of Medicare and what you need to consider when you are approaching Medicare eligibility. You will be provided comprehensive information about Medicare and address these questions:

- What does Medicare cost and cover?
- When should I enroll in Medicare, and what rules do I need to know?
- What is the difference between Medicare with a supplement versus Medicare Advantage?

Nebraska SHIP will cover the cost of this course. **To register for in-person or webinar presentations, please visit www.doi.ne.gov/ship.**

For questions, please call 402-471-2841.

In-person presentations are available on:

| | | | |
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| Sept. 29 | W | 5:30-7:30 p.m. | Wahoo, WHLC, 101 |
| Webinar presentation is available on: | | | |
| Sept. 20 | M | 6 p.m. | |
| Oct. 19 | T | 6 p.m. | |
| Nov. 16 | T | 6 p.m. | |
| Dec. 15 | W | 6 p.m. | |

Navigating Medicare.gov

Medicare drug coverage is confusing. Each year Medicare drug plans can make changes to the cost and coverage you can receive. Knowing how to pick the right plan to meet your needs is important to ensure you get the best coverage at the lowest cost. Navigating Medicare.gov will arm you with the knowledge to navigate Medicare's plan finder tool to make an informed decision. You will be provided a step-by-step guide to using Medicare.gov to address these questions:

- How much will my prescriptions cost?
- Which Medicare drug plan will cover my prescriptions?
- Where can I get the best prices for my prescriptions?

Navigating Medicare.gov is provided by Nebraska SHIP, a member of the national SHIP network and a division of the Nebraska Department of Insurance. **To register for in-person or webinar presentations, please visit www.doi.ne.gov/ship.** For questions, please call 402-471-2841.

In-person presentations are available on:

| | | | |
|--|---|----------------|------------------|
| Oct. 6 | W | 5:30-7:30 p.m. | Wahoo, WHLC, 101 |
| Webinar presentation is available on: | | | |
| Sept. 27 | M | 6 p.m. | |
| Oct. 26 | T | 6 p.m. | |
| Nov. 23 | T | 6 p.m. | |
| Dec. 15 | W | 6 p.m. | |



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit www.southeast.edu/collegecatalog for additional information.

| | | | | | | |
|--|--|---|---|---|---|----------------|
| Social Security Number OR SCC Student ID Number | | Birth Date | Name: Last | | First | Middle Initial |
| Residence Mailing Address | | | City | State | Zip | County # |
| Email Address | | | Cell Phone | <input type="checkbox"/> Home <input type="checkbox"/> Business Phone | | |
| I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> X (Gender variant/Non-binary) | | <input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident | Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino | | Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American | |

| COURSE NUMBER | TITLE | START DATE | COST |
|---------------|-------|------------|------|
| - | - | - | \$ |
| - | - | - | \$ |
| - | - | - | \$ |
| - | - | - | \$ |

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp.Date _____ CC # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

| | |
|--------------------------|-----|
| SCC Staff Tuition Waiver | () |
| TOTAL DUE | |

| |
|---------------------|
| FOR OFFICE USE ONLY |
| ID# _____ |
| DE _____ |

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or jsoto@southeast.edu.